

# BURLINGTON HIGH SCHOOL SCHOOL COUNSELING DEPARTMENT NEWSLETTER

Term: FRESHMAN Fall/Winter | Issue 1 | Date: November 30, 2018

## IN THIS ISSUE

- School Counseling Message
- Homework Support
- Local Resource
- Stress Management
- Strategies for Academic Success
- YES Program
- Expanded Learning/Clubs/Sports
- Helpful Links:
  - Student Handbook
  - School Calendar

## WELCOME TO BHS!

### Welcome to BHS Class of 2022!

Hope your Freshman year is off to a great start!

Welcome to the first of our newsletters for students and their families - from the Guidance and School Counseling Department.

We are here to support you with any questions or challenges that you may face this year and look forward to working with you. We encourage you to stop in to see us.

## BHS COUNSELING

### What We Can Help With:

As the second semester approaches, do you need help with your schedule? Do you need to discuss your future or have some personal issues you would like to talk about? We are available to help. To assure time with a counselor, feel free to make an appointment in advance or stop by our offices. Remember to use study hall or other free times, like lunch or before or after school.

## HOMEWORK HELP

### Call Back

Teachers at BHS have call back hours from 3:05 to 3:45 every day except Wednesday. This is an opportunity for students to connect with your teacher to clarify assignments and obtain additional help. Email your teacher to set up an appointment or drop by their office.



### Afterschool Homework Club

Need some extra help completing assignments? Come to the afterschool homework club. This club meets in the library every day except Wednesday until 5:15.

### Multicultural Help Desk

Need some academic support? Volunteers from Spectrum can help. Spectrum tutors available in the Library from 12-3 daily.

## KEY DATES

### Winter Sports Begin

November 26

### YES Registration Process Lesson in Advisory - December 10

YES Program Course Catalog Available - December 10

### End of Quarter 2 Grading Period

December 21

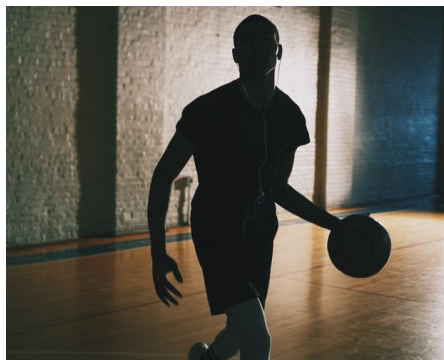
### Holiday Break

December 24 - January 2

## LOCAL RESOURCES

While BHS school counselors are always willing to assist you when school is in session, we also want to make you aware of First Call for Children and Families for those who reside in Chittenden County. First Call provides 24 hour crisis and counseling support and is an excellent resource if you are concerned about the safety or immediate well being of your child. You may reach them at 488-7777. The Northwestern Counseling and Support Services offers similar services to families who reside in Franklin or Grand Isle County. Contact them at 802-524-6554.

## STRATEGIES FOR MANAGING STRESS



It is not uncommon for students to experience stress with upcoming mid-year exams coupled with the holidays. Sometimes, family issues and calendars that are over scheduled can contribute to feeling overloaded. Academic pressures are additional stressors that students experience.

Stress may appear as increased physical illness, “shutting down,” increased irritability, feelings of worry, difficulty eating and sleeping or difficulty concentrating. What can students do? Exercise, eat a proper diet, get enough sleep, engage in family activities, journal, practice mindfulness and make time for relaxation.

What can parents do? Be available to talk with your teen and listen to their concerns. Encourage the healthy activities mentioned above.

## NEED TO TALK WITH A COUNSELOR

The Guidance & Counseling office is a busy place! While we do try to make ourselves available for drop ins, students are encouraged to make appointments to insure they get to see their counselor. We ask students to schedule appointments for times they have study hall or other free times such as lunchtime or before or after school.

Be on the lookout for **YOU CAN BOOK ME** - coming soon, new online booking app for counselor appointments!

**Tony Settel** - EL Students: [tsettel@bsdvt.org](mailto:tsettel@bsdvt.org)

**Lise Bruder** - 9th Grade: [lbruder@bsdvt.org](mailto:lbruder@bsdvt.org)

**Amy Mcardle** - 10-11th Graders Last Name Alphabet A-Be, J-Mc: [amcardle@bsdvt.org](mailto:amcardle@bsdvt.org)

**Lindsey Addams**: 10 -12 Graders Last Name Alphabet: Md-Z: [laddams@bsdvt.org](mailto:laddams@bsdvt.org)

**Karen Prouty**: 10 -12 Graders Last Name Alphabet: Bf-l: [kprouty@bsdvt.org](mailto:kprouty@bsdvt.org)

**Tim Wile**: 12 Graders Last Name Alphabet: A-Be, J-Mc : [twile@bsdvt.org](mailto:twile@bsdvt.org)

## ORGANIZATION

Organization is the key to academic success.

### STUDENTS:

Plan the **WHAT, WHERE** and **WHEN** of your studying, it can make all the difference!

**WHAT:** Keep track of assignments and due dates, use a planner, calendar or phone app. Consider using different colored notebooks or folders for each different course subject.

**WHERE:** Choose a regular, quiet place to get work done. Use your study hall time wisely.

**WHEN:** Do your homework as soon after it is assigned as possible. This way you can ask for help in advance of due dates if you need it.

**CREATE A ROUTINE:** Take time each morning and evening to check that you are bringing to school and taking home all that you will need to be productive and prepared. Make a checklist if it helps!

### PARENTS :

- Help to create quiet time each night to support a positive working environment.
- Discuss homework, projects and upcoming tests/quizzes with your student.
- Check Powerschool.
- Help your teen get organized and to use a calendar or planner.
- Encourage your student to seek help from teachers or school counselors when needed.
- Be sure that supplies, pencils, paper, calculator and snacks are available.

## TIPS FOR SUCCESS

Excerpted From:

CollegeVine Blog - CollegeVine.com

Written by:

Laura Berlinsky-Schine March 8, 2018

### 5 Tips for Incoming High School Freshmen

Starting high school can be exciting, stressful, and at times, overwhelming. It's also a time you should be exploring, trying out new opportunities, and making the most of your experiences. Here are five tips for starting off high school on the right foot.

#### Find Your Niche

Now that you're older, you have more flexibility as to how you spend your time. Search for groups and activities that align with your interests. Not sure where to start? Try out different clubs at your school. Joining different clubs and trying out activities will allow you to meet new, like-minded people. It will also help you hone your area of specialization, or area that aligns with your interests and talents and path you want to pursue. This can guide your academic and career focus.

#### Try New Opportunities

In a similar vein, freshman year is a great time to try out new things. While every year matters, this year is lower stakes than the other high school years. Even if you're not sure if you'll like something, try it out and see. You can always cull your list of activities later.

#### Get Organized

You may have heard that your grades don't matter this year, but that's not really true. While it is true that colleges won't pay as much attention to this year as other years, you should get into the habit of studying and being productive now. That way, you'll be in good shape later on. Being organized will also help you manage your stress. Consider using planners and calendars to make sure you're on top of everything you need to do.

#### Think About the Future

It's not too early to think about college. You don't need to start filling out applications, of course, but you should be setting goals. Think about the path you need to take to achieve these goals. Set incremental "sub" checkpoints to help you achieve your larger aspirations. For instance, if you're hoping to become the editor of your school newspaper, consider the steps you need to take to get there, such as attending meetings, writing killer articles, and bonding with and learning from the current editor and the newspaper's advisor.

#### Use Your Support System

Don't be afraid to ask for advice from parents, teachers, guidance counselor, older students, and even peers. If you feel like you're getting overwhelmed, it can be helpful to talk to someone for support and guidance. Take some time to get to know your teachers. You'll probably have more than you did in middle school, and your teachers, in turn, probably have many students. Developing connections with your teachers can be a substantial addition to your support system, since it will give you another resource for academic help.

Additionally, when it comes to ask teachers for college recommendations, your teachers will be able to speak to your character, not just the papers you've written. It's also important to develop a relationship with your guidance counselor. Make sure you introduce yourself and check in occasionally, so your guidance counselor really gets to know you. Like your teachers, they can be an excellent source of support and will be able to write about you as a person in your recommendation letter.

#### To Sum It Up...

High school won't be easy, but try to get the most out of the challenges it brings. Take your time seriously, and create a plan for success. While you'll face challenges along the way, having a plan, trying out new opportunities, and using your support system will help you manage your time well and prepare yourself for the future.



## YES SESSION

**FRIDAY DECEMBER 7, 2018  
ADVISORY COMMUNITY MEETING  
FOR ALL FRESHMAN TO BE  
INTRODUCED TO YES SESSION**

**YES Registration Process Lesson  
in Advisory - December 10**

**YES Program Course Catalog  
Available - December 10**

### YES Session Overview:

BHS concludes the second semester of school with the Year End Studies session. As part of the academic school calendar, the YES session offers all students of the BHS community exciting alternatives for learning. These non-traditional courses expand student understanding and inspire new student interests. Intensive, interest-driven opportunities enhance enthusiasm for learning and strengthen relationships within BHS and the Burlington community.



## EXPANDED LEARNING

Burlington HS Expanded Learning provides a space for BHS students to explore interests, connect with each other and build skills.

Free academic support and enrichment opportunities before and after school are offered to all BHS students.

Participation can provide community service hours as well as Graduation Expectations evidence to be used in students' PLPs.

Programs begin and end on a rolling basis.

If you have any questions/suggestions please contact BHS Site Director, Sheryl Haiduck at [shaiduck@bsdvt.org](mailto:shaiduck@bsdvt.org)

### Homework Center:

Monday - Thursday 3-5pm in the Library.

### EL Theater Club:

Tuesdays 3:30-4:30 in B212.

### Rowing (Fall and Spring):

Monday and Wednesdays 3:05 in front of BHS.

### Unified Bocce/Bowling:

Wednesdays 3:30.

### Unified Basketball (Winter):

Tuesdays and Thursdays.

### Jobs Workshop:

Wednesdays 3:30-4:30. Dates for Jan/Feb To Be Determined. Partnership with Spectrum.

### GSA Club:

Fridays at 3:30-4:30.  
Alternating between Rock Point and BHS.  
BHS location C 204.

### Above the Influence (ATI):

Wednesdays 7:45- 8:45 am in B 206.

**DECA (Business and Entrepreneurial club):**  
Wednesdays at 5:00 in Champlain Cafe.

### Quidditch:

Thursdays 3:30-5:00 SEASONAL.

### Dance Team:

Wednesdays 3:30-5:00.

**HERO: Health Education Resource Opportunity:**

Monthly meetings throughout the year.

### Detour:

Tuesdays 3:05 in room C212.

### International Club:

Wednesdays 3:10 in the Library.

### Student Justice Union (SJU):

Tuesdays 3:30 in room F-311

### Maker Mondays:

3:15-4:15 in Library Computer Lab. Walters

**Girls Who Code:** TBD.

**Making Spoken Word Speak:** TBD.

### Meditation Lab:

Thursdays from 3:10-3:30 Location TBD (starting Thursday, 12/6)

## ADDITIONAL CLUBS/EXTRACURRICULARS

Drama

Interact Club

Math League

Model UN

Music

National Honor Society

Fitness Center

Poetry Outloud

Scholars Bowl

Snowboard Club

Student Council

Student Planning Committee

Refugee Outreach

Neuroscience

Debate Team

## GO SEAHORSES!



## SPORTS

### FALL SPORTS:

football  
field hockey  
boys soccer  
girls soccer  
cross country

### WINTER SPORTS:

indoor track  
alpine ski  
nordic ski  
boys basketball (varsity and jv)  
girls basketball  
boys hockey  
girls hockey  
bowling

### SPRING SPORTS:

outdoor track and field  
baseball  
softball  
girls lacrosse  
unified basketball  
boys lacrosse  
ultimate frisbee  
boys tennis  
girls tennis

If you are interested in trying out for a school sport please see the BHS Athletics Webpage for important dates and information.

## ANNOUNCEMENTS-HELPFUL LINKS

**Please Note You Can Find Useful Info in the BHS Student Handbook as well as on our school calendar, both can be found on the BHS Website...**

### Link to Handbook:

<http://bhs.bsdrv.org/resources/student-handbook/>

### Link to School Calendar:

<http://bhs.bsdrv.org/calendar/>